



# A.A.M.M. NEWS

WASHINGTON CHAPTER  
AMERICAN ASSOCIATION OF MASSEURS & MASSUSES

Arthur Dunbar--Editor  
October 1953

Milton A Niedfelt--Assistant  
805 E Denny---Seattle Wash. CA 8655

"It is understood that any physical treatment that is powerful enough to do good, is just as likely to do harm if incorrectly given."

See Feature Article in this issue by one of our new members---John A. Murray of Port Townsend Washington



## OUR MONTHLY MESSAGE

by

MR. ARTHUR MANN

Washington State President

Take thought unto thy body for tis the only one thou shall have.

We should not only consider the health of our patients, but also our own. At times, in our work, we do not take time to keep our own bodies in good condition. We are too busy recommending diets, fresh exercise, treatments etc. for our patients, to take time for them, ourselves.

The patient often judges our treatment by how well we keep our own health. Our health, weight, and personality are under the scrutiny of our public's eye, therefore let us strive to keep mentally alert and physically fit that we may be an example and inspiration to our patients.

### PRAYER

This quaint prayer hangs outside the doors of the Refectory of the Cathedral of Chester, England.

Cont'd



Give me a good digestion, Lord  
And also something to digest;  
Give me a healthy body Lord,  
With sense to keep it at its best.

Give me a healthy mind, Good Lord,  
To keep the good and pure in sight,  
Which seeing sin is not appalled  
But finds a way to set it right.

Give me a mind that is not bored,  
That does not whimper, whine or sigh,  
Don't let me worry over much  
About the fussy thing called "I".

Give me a sense of humor, Lord,  
Give me the grace to see a joke  
To get some pleasure out of life  
And pass it on to other folk.

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By

Mrs. Bertha Reager

Washington State Vice President

I took 19 days vacation and went back to my home town in Kansas, which I thoroughly enjoyed. Now I am moving to a larger place where I feel I can make my patients feel at home., and try to do better work. I have a very good profession, and all my patients are improving wonderful. My new Address is 215 E Corrin Ave Orting Washington P.O. Box 244.  
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#### EDITORIAL

##### Two Thousand Years Behind.

Members of the A.A.M.M. do you know we of the Massage Profession are just about two thousand and three hundred years behind in the matter of organizing and developing our profession? Massage and Medicine were both used and recommended by Hipperates more than that long ago. While those who practice massage were content to remain as individuals and go along as best they could. Those who were more taken by the use of drugs and chemicals were drawn together to study and pass along their findings to one another and to further their profession through organization. They are now the great Medical Association of the World.

Now it is high time for us to develop our organization to pool our knowledge and otherwise work to the betterment of our profession just as they did.

There is a great need for our skills that point is well recognized by the public and also by the Medical people. The Medical people have tried to fill that need by the development of Physical Therapy technitions. There have been other trys at filling the vast need we were ment to fill. Chirpractic is one, Osteopathy is another and you can with little trouble think of many others all of them have their bases in massage the underlying science of physical medicine.

The days when it was possible for masseurs to work undesturbed and content and apart from all others of his profession and  
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give little thought to what the rest of the doings and thoughts of the members of the healing arts is all but over. Now we must either band to-gether and lift our profession to the top with all other or we will shortly be eliminated by law or by those of our competitors who have taken the trouble to care for the well being of their profession.

More and more and more we hear rumors of discontent with the practice of massage and veiled threats of legislating us out of the field. Now it is up to us shall we act or shall we be eliminated?

This article is written to make you think about our problems and to encourage you to become active in the doings of our Assn.

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There are two Massage places for sale in the Seattle Area. At the time both are well priced at about \$400.00. Your Editor will be glad to put you in touch with the sellers.

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DELLA MAE SUMNER reports from Vancouver Washington and says; I have got in touch with the Evergreen Hotel about our room and banquet oct. also the Minister and the Mayor. Of course it is a little early to make any definite plans as I have no idea of how many to prepare for or how many days we will be in session. ( This all concerns preparation for our 1954 State of Washington convention at Vancouver Washington EDITOR)

I would like to compliment you on your A.A.M.M. News. I especially appreciated the article you wrote on the Niagra Massage treatment. I agree most heartily --- etc.

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## PHYSICAL FORCE IN TREATMENT

By

Johy A. Murray

The story of the gradual evolution of treatment by physical methods makes a facinating and instructive reading. In many instances the genius of one keen observer---not necessarily a physician-- recognized the healing effects of such proceodures as water treatment, electricity in some form, sunlight or certain exercises. In enthusiastic heads, at first, a new method often "runs wild" and its healing virtues are magnified while its failures are disregarded. The medical profession, being conservative as a whole, wants proof of success obtained under its scrutinizing observation. For this reason only those methods are adopted that stand extensive trial in critical hands. Each and every one of the recognized physical methods of treatment had to go through a period of expert observation.

## PHYSICAL THERAPY AS A PART OF PRACTICE OF MEDICINE

Physical Therapy is not a new system for recognizing and treating diseases, as some of its ardent advocates, especially those who have had no medical training would make it appear. It is simply a method of treating disease and injury with the aid of physical agents, as a rule in conjunction with medical & suggical measures. After it has been definitely established what ails the patient.

In the employment of Physical treatment methods in order to derive the best results from any form of aparatus or from bathing

Cont'd



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or exercising more is needed than the mere knowledge of how to turn on a switch or go through certain movements. The first requirement is correct diagnosis, implying a definite conception of existing pathological and functional changes. The second requirement is that if a physical measure is to be used there should be no doubt as to what that physical treatment is expected to accomplish, and third there must be a full knowledge of just how that treatment is applied. Physical treatment must be as carefully prescribed and applied as any medical treatment. It is understood that any physical treatment that is powerful enough to do good, is just as likely to do harm if incorrectly given. Physical Therapy rightfully forms part of the practice of medicine and surgery and is of most value in the treatment of disease and injury when employed by a trained technician, in cooperation with the diagnostic physician for safe and effective application.

Sig John A. Murray

P.T.  
See Art's Review

By

Alfred C. Trossen

National A.A.M.M. Director

Secty- Treas A.A.M.M. Oregon Chapter

Dear Arthur

(Arthur Dunbar)

I received a copy of the Washington State Massour and I want to congratulate you on the wonderful job you have done in connection with this publication. If this is a sample of what can be expected in the future, I know it will be the best ever published in your state. You are off to a good start--keep up the good work. You are free to use these comments in your next publication.

I wish you would make some mention in the Washington Massour that I wish to thank the Washington State Chapter for the wonderful program arranged for the National Convention in Spokane--it really was the best I ever attended. Those who did not attend really missed a truly wonderful convention which was enjoyed by all those attending. I also wish to thank those who voted for me to become a National Director, the only new officer elected at the convention. The trust placed in me by your votes will always be appreciated and I hope to serve you well in the capacity as your National Director.

I am inclosing a copy of a letter from the Federal Communications Commission in connection with the non-conforming diathermy machines. I believe that for the protection of our members this should be published.

Gentlemen;

This is in reference to your letter of September 28th 1953 concerning doctors using non-conforming diathermy machines.

You may advise inquirers that the Commission will enforce its Rules and Regulations to the full extent that its personnel and facilities permit, and that the Commission's district offices, including Washington D.C. and New York City, are investigating all reports of violation which come to their attention. Failure to comply with the Rules and Regulations may result in the severe penalties provided in the Communications Act of 1934, as amended.

Yours very truly

(Sig) Wm P Massing See Pg 5.



Minimum PENALTY IS \$500.00 PLUS  
\$500.00 per day for each day the  
F.C.C. order is violated.  
Maximum fine is \$10,000.00

HEREWITH IS A COPY OF A LETTER ONE OF OUR MEMBERS  
RECEIVED FROM THE DEPARTMENT OF LABOR AND INDUSTRIES.

Dear sir,

When we received a reply to this letter and if there is any change indicated on our action as taken on your bill covering services rendered on bills involved we will notify you. As the reference stands we cannot pay any amount in excess of our fees which are \$4.00 to registered Physical Therapists and \$3.00 to non-registered Physical Therapists. We also wish to point out any case that is accepted for treatment with knowledge that it is industrial, charge can not be made to the patient for any service for which he is entitled. We trust you will be agreeable to accepting payment we are permitted to allow on the foregoing basis. Please advise if you are registered with the Washington Chapter of American Registry of Physical Therapists.

(Signature) Supervisor of Industrial Ind.  
Eshill

Prosthetics & Appliances.

NOTE: The September issue of the Washington A.A.M.M. News asked each Masseuse and Massuse to figure out HOW MUCH a massage treatment cost each technician; Here is the reason why---- Please look! We showed you how our Public Accountant told us to figure it. Possible some of you thought that we wanted to know your business, Well we don't--- But we do want an answer to this above letter. Will you please let Mr. Mann know how much a Treatment cost you.

Pertinent question; "Where are the MID-WIVES NOW?"

By

John A Murray  
1242 Jefferson St  
Port Townsend

I am a new member to the American Association of Masseurs & Massuses. It gives me a feeling of pride that we have such an organization, with which we may better our profession and ourselves.

I am not new, however, in the profession in which we are all interested, having been practicing Physical Therapy for the past fifteen years. Ten years of that time in North Hollywood California, when I was employed in some of the best Health Systems, and Physical Therapy Clinics, working in Co-operation with both medical and non-medical practitioners.

Because of this background and experience, I would like to offer a few suggestions, and make some constructive criticisms, for our own association, that I have observed, and heard discussed in the field of healing arts, by other practitioners in regard to ourselves.

Cont'd



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If we hope to gain recognition in a legal and ethical way, we must be more careful of our terminology, our ethics, and our advertising. We must not speak of ourselves as Massage Operators. The word operator, should only be applied in the trades, (as a crane, truck, or shovel operator) Ours is a Profession, and we are practitioners or technicians, and should always be referred to as such. Then too, ours is not a business, but a profession, and should not be spoken of as, in the business of Massage, but in the Massage Profession, or Physical Therapy profession, as the case may be.

It has been my misfortune, as well as my pleasure to visit a great many massage and physical therapy practitioners, through out the western states. I have visited some pretty makeshift affairs, that were dirty, and the technicians or practitioners in charge were very untidy as well. Such a place certainly would not get co-operation from any ethical practitioners. It has also been my misfortune to find that in some of the Cities, the title, Massage, Steam Bath or Physical Therapy, are used as a front, for illegal practices, such as prostitution and sexual perversions. These things should be carefully inspected and eliminated, at once, if we hope to gain co-operation from ethical practitioners and the public in general.

Now a word about personal appearances, we should strive for cleanliness in our offices and ourselves. A daily shave & Shower should be a must with the men. A shower and a neat hair do, and a clean white uniform for the women. Make up should be applied with care, because it is almost impossible to give a good thorough massage treatment without perspiring to some extent, due to the warmth of the room for the comfort of the patient, and the active exercise on the part of the ~~practitioner~~ <sup>technician</sup>. Men should wear white trousers, and either a well fitting white tee shirt, or preferably the white coat, buttoning at the neck, cut over the shoulder and down the side. Do not work in soiled or untidy clothing. Wear good fitting shoes, preferably the sponge rubber soles. They are easy on you, and you can glide noiselessly about your work. Don't chew tobacco or gum while giving treatment. Don't high pressure your patient into purchasing vitamins, or other remedies while giving treatments, wait until you have finished if you must do it, your patient will relax and cooperate much better. Don't brag about what you have done or can do. Don't criticise your fellow practitioner or those of other healing arts to your patients. Be impersonal as well as professional in your manner, when treating either sex, and you will have much better cooperation from both.

It has been my pleasure to visit, and be employed in the finest most modern, and scientifically equipped Physical Therapy departments available. Now that I am in private practice, for myself, it is my aim to conduct my office, and myself in the most professional manner, as taught me through contact and observation of professional men and women in professional practice.

Trusting that this thought may be of value to some of my fellow practitioners.

(Signature ) John A. Murray.



## Sheet 7 A.A.M.M. News

The A.A.M.M. News is published by Volunteer Labor, but will be published at the end of the month if possible, and if funds are available for material, and if news items are forthcoming from various good sources.

### SEATTLE LOCAL MEETING

The Seattle A.A.M.M. Local met Sunday evening November 1st, 1953 at the West Seattle Health Center, of Paul George our local Chairman. In the previous meeting they had elected Paul as Chairman, and Regina Williams as Secty-treas and at this meeting the local added Milton A. Niedfelt as Vice Chairman.

Among those attending the meeting was Dola Mae Sumner who came at personal sacrifice from Vancouver Washington. Mrs. Sumner is Chairman of our 1954 Washington Convention Committee, and it was her desire to contact Washington State Officers concerning the future Convention arrangements. She reports that the Chamber of Commerce, and the News Papers in Vancouver are enthused about our next State Convention, and there already has been news items printed about our next convention. In view that the Chamber of Commerce has taken such active interest a tentative date of June 5 & 6th was set by the State Officers present, to be approved by the State Executive Board. Efforts are being made to have a joint meet with Oregon State.

Many questions were taken up (1) visiting the sick (2) Report of our National Convention (3) The proposed Massage bill (4) And the Secretary was requested to write letters commending all those persons who assisted in arranging the National Convention and who took the responsibility of making the Convention a success.

It was further decided to rent room in the Roosevelt Hotel for succeeding meetings. The next meeting to be Jan'y 10th. The Roosevelt hotel would be easy to find especially for those members outside of Seattle who can come.

### Spokane Local Meeting

We have had only one meeting since the convention. There were not many there so not much was accomplished. Our Spokane Local officers are Loston Short President, George Rogers Vice Pres, Estollo Aldrich Secty-treas, and Dick Butts Program Chairman.

We are happy to report that ALL our members have paid their dues. Stove Masan has been sick and has gone to New Mexico to regain his health. George Rogers has been sick but is up and around again. Fraternally Loston Short, President

On October 10th Mr. F.E. Bloom our State Secretary visited Seattle. Ernel Rothgeb of Winthrop Washington visited Seattle several weeks. Dr. Morrison & Mrs. Morrison were very sick with flu. Mrs. Milton (Carol Niedfelt) was sick in bed for a whole month. Ray Hunt of the Broadmore School of Seattle has been sick, but is now on the mend.

Mr. William Barnes--501 Eitel Bldg Seattle has heart trouble for some time now, and is being forced to quit business--Letters to our members are in order.

Our National Secretary Mr D.S. Carlson is still waiting for reports on all Massage Schools our members know about.

REMEMBER; Mr. F.E. Bloom our Washington State Secretary--10 W 6th St Spokane; If you want Locals, or Little Known facts about Massage, or change of address or pictures of the National Convention or extra Souvenir Programs and or most anything that concerns the AAMM write to our State Sectry as above.

See next and last sheet.



Shoot! A.A.M.M. News.

Opportunity for 2 or more Massage Technicians--call Arthur  
Dunbar Editor People's Bldg Seattle Washington BL 3044

IMPORTANT LEGAL NOTICE.

Members of A.A.M.M. who now sell or wish to sell vitamins or minerals or other products in the State of Washington are required to get a \$5.00 Pharmaceutical Shop Keepers License--address Washington Board of Pharmacy ~~202~~ Douglas Bldg Seattle Washington or address State Board of Pharmacy, Legislative Bldg. Olympia Wash.

YOUR MAIL TROUBLES

ALL Postoffices have discontinued DIRECTORY SERVICE,---If you want it restored it is suggested that you send all mis-directed mail to your U.S. Senator or Congressman in Washington D.C. Only that can correct the matter. -- all their addresses are just "WASHINGTON D.C."

Professional Ultra Violet Lamp, time switch \$35.00 Cash P O.B.  
Seattle Ask M.A. Niedfelt.

Florence Taylor of Spokane Washington hasn't sold her Massage Parlor yet as far as we know.

NATIONAL MASSAGE LIBRARY

Members that would be interested in improving their knowledge of Massage should write Mr. Carlson, our National Secty,treas and co-operate with him in trying to set up a National Massage Library---This shouldn't cost much, and would be highly instrumental in improving our Massage Profession.

MASSAGE UNITY IN WASHINGTON STATE.

Our American Association has just put on one of the finest Conventions ever put on in Washington, but there are some technicians who have not joined our ranks, and seemingly every time we go to Olympia to get our bill acted upon, these people ruin our chances of getting it passed by their actions and objections--- While others work, they don't join us, and they destroy our unity, and good works.

Our State President in his message in the last issue said;  
"Forget personal animosities and unite for common cause"

Our State President is a man of few words, but he sure hit on the right ones that time.

We need all the qualified Massage Technicians in the State of Washington, and we want them to forget their animosities and come and be of good will, and join us for common cause. We ALL OF US Members in the A.A.M.M. and Technicians outside the A.A.M.M. should know that When we join together, in Organization, in mind, and action that we will be stronger, and get what we want, but if we stay separate we each will be easily broken.

So live up to our A.A.M.M. Pledge and go out and get qualified members to join our ranks. ---If you don't have an application drop your editor a card.....

End.